Home Exercise Program for Chronic Low Back Pain

- Perform the exercises in the order listed.
- Apply heat to the low back for 20 minutes before performing the exercises.
- You should not experience pain with the exercises.
- If the pain worsens or if it does not improve after performing the exercises for 3 to 4 weeks, call your doctor.

<table>
<thead>
<tr>
<th>Exercise Type</th>
<th>Muscle Group</th>
<th>Number of Repetitions</th>
<th>Number of Days per Week</th>
<th>Number of Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Modified side bridges</td>
<td>Quadratus lumborum</td>
<td>5 repetitions</td>
<td>Daily</td>
<td>3 to 4</td>
</tr>
<tr>
<td>Hip bridges</td>
<td>Back and hip extensors</td>
<td>5 repetitions</td>
<td>Daily</td>
<td>3 to 4</td>
</tr>
<tr>
<td>Bird dog</td>
<td>Back extensors</td>
<td>5 repetitions</td>
<td>Daily</td>
<td>3 to 4</td>
</tr>
<tr>
<td>Abdominal bracing</td>
<td>Abdominals</td>
<td>5 repetitions</td>
<td>Daily</td>
<td>3 to 4</td>
</tr>
</tbody>
</table>

**Modified Side Bridges**

- Lie on your side on the floor with your knees bent.
- With your elbow bent at 90°, lift your body off the floor as shown, keeping your body straight.
- Hold this position for 15 seconds and then repeat on the other side.
- Perform 5 repetitions daily, for 3 to 4 weeks.

**Hip Bridges**

- Lie on your back on the floor with your arms at your sides, your knees bent, and your feet flat on the floor.
- Lift your pelvis so that your body is in a straight line from your shoulders to your knees.
- Hold this position for 15 seconds.
- Perform 5 repetitions daily, for 3 to 4 weeks.
Bird Dog
- Kneel on the floor on your hands and knees.
- Lift your right arm straight out from the shoulder, level with your body, at the same time that you lift your left leg straight out from the hip.
- Hold this position for 15 seconds.
- Repeat with the opposite arm and leg.
- Perform 5 repetitions daily, for 3 to 4 weeks.

Abdominal Bracing
- Lie on your back on the floor with your arms at your sides, your knees bent, and your feet flat on the floor.
- Contract your abdominal muscles so that your stomach is pulled away from your waistband.
- Hold this position for 15 seconds.
- Perform 5 repetitions daily, for 3 to 4 weeks.